

## CLAIMS

What is claimed is:

1        1.    A method for monitoring cumulative fitness activity  
2        for a user, said method comprising the steps of:

3                receiving at least one type of exercise indicator  
4        signal associated with exercise performed by a particular  
5        user from a particular exercise machine in a common  
6        transmittable data format at a portable computer system  
7        provided by said particular user; and

8                computing and storing current cumulative fitness  
9        activity for said particular user at said portable  
10       computer system utilizing said at least one type of  
11       exercise indicator signal and previously stored  
12       cumulative fitness activity data from prior exercise by  
13       said particular user at a plurality of diverse exercise  
14       machines, such that said portable computer system  
15       associated with said particular user monitors the real-  
16       time cumulative fitness activity of said particular user  
17       from said at least one type of exercise indicator signal  
18       currently received from said particular exercise machine.

1        2.    The method for monitoring cumulative fitness  
2        activity according to claim 1, said step of receiving at  
3        least one type of exercise indicator signal associated  
4        with exercise performed by a particular user from a  
5        particular exercise machine in a common transmittable  
6        data format at a portable computer system provided by  
7        said particular user, further comprising the step of:

8           receiving said at least one type of exercise  
9           indicator signal in an extensible mark-up language data  
10          format.

1          3.    The method for monitoring cumulative fitness  
2           activity according to claim 1, said method further  
3           comprising the step of:

4           receiving exercise indicator signals indicating  
5           exercise performed by a particular user from monitoring  
6           systems that monitor exercise indicator signals for said  
7           particular user independent of said particular exercise  
8           machine.

1          4.    The method for monitoring cumulative fitness  
2           activity according to claim 1, said method further  
3           comprising the step of:

4           receiving exercise indicator signals indicating  
5           exercise performed by a particular user from user input  
6           to an input interface coupled to said portable computer  
7           system.

1          5.    The method for monitoring cumulative fitness  
2           activity according to claim 1, said step of computing and  
3           storing current cumulative fitness activity for said  
4           particular user at said portable computer system  
5           utilizing said at least one type of exercise indicator  
6           signal and previously stored cumulative fitness activity  
7           data, further comprising the step of:

8           computing said current cumulative fitness activity  
9           according to said at least one type of exercise indicator  
10          signal, said previously stored cumulative fitness  
11          activity data, and personal data for said particular  
12          user.

1          6.   The method for monitoring cumulative fitness  
2          activity according to claim 1, said step of computing and  
3          storing current cumulative fitness activity for said  
4          particular user at said portable computer system  
5          utilizing said at least one type of exercise indicator  
6          signal and previously stored cumulative fitness activity  
7          data, further comprising the step of:

8           computing said current cumulative fitness activity  
9           according to said at least one type of exercise indicator  
10          signal, said previously stored cumulative fitness  
11          activity data, and additional health factors detected for  
12          said particular user at said portable computer system.

1          7.   The method for monitoring cumulative fitness  
2          activity according to claim 1, said step of computing and  
3          storing current cumulative fitness activity for said  
4          particular user at said portable computer system  
5          utilizing said at least one type of exercise indicator  
6          signal and previously stored cumulative fitness activity  
7          data, further comprising the step of:

8           computing said current cumulative fitness activity  
9           according to said at least one type of exercise indicator  
10          signal, said previously stored cumulative fitness

11 activity data, and environmental exposure detected for  
12 said particular user at said portable computer system.

1 8. The method for monitoring cumulative fitness  
2 activity according to claim 1, said step of computing and  
3 storing current cumulative fitness activity for said  
4 particular user at said portable computer system  
5 utilizing said at least one type of exercise indicator  
6 signal and previously stored cumulative fitness activity  
7 data, further comprising the step of:

8 distinguishing storage of said portion of said  
9 current cumulative fitness activity computed from use of  
10 said particular exercise machine.

1 9. The method for monitoring cumulative fitness  
2 activity according to claim 1, said method further  
3 comprising the step of:

4 retrieving said previously stored cumulative fitness  
5 activity data by distinct sessions of exercise performed  
6 by said particular user across said plurality of diverse  
7 exercise machines.

1 10. The method for monitoring cumulative fitness  
2 activity according to claim 1, said method further  
3 comprising the step of:

4 prompting said particular user, at said portable  
5 computer system, to utilize said particular exercise  
6 machine according to a predetermined exercise schedule  
7 for said particular user.